

Claims

1. Composition containing at least one omega-3 fatty acid-containing oil and at least one plant extract.
- 5 2. Composition according to claim 1, wherein the oil is selected from borage oil, evening primrose seed oil, currant seed oil, fish oil, linseed oil and perilla seed oil.
- 10 3. Composition according to claim 1 or 2, wherein the plant extract contains secondary plant ingredients selected from the group comprising polyphenols, isoprenoids, glucosinolates and sulfides.
- 15 4. Composition according to any one of claims 1 to 3, wherein the plant extract contains flavones as secondary plant ingredients.
- 20 5. Composition according to any one of claims 1 to 4, wherein the plant extract is an extract from the group of the following plants: *Aesculus hippocastanum*, *Althaea*, *Allium cepa*, *Brassica nigra*, *Camellia sinensis*, *Carum carvi*, *Cimicifuga racemosa*, *Crataegus oxyacantha*, *Echinaceae purpurea*, *Ginkgo biloba*, *Glycine max*, *Hedera helix*, *Humulus lupulus*, *Hypericum perforatum*, *Linum usitatissimum*, *Mentha piperita*, *Myrtus communis*, *Opuntia ficus-indica*, *Panax ginseng*, *Silybum marianum*, *Trifolium pratense*, *Vaccinium myrtillus*, *Vitex agnus-castus* and *Vitis vinifera*.
- 25 6. Dietetic food product or pharmaceutical product containing a composition according to any one of claims 1 to 5.
7. Product according to claim 6 as an administration form for oral administration.

8. Product according to claim 7 wherein the administration form for oral administration is a capsule.
- 5 9. Use of a composition according to any one of claims 1 to 5 for the manufacture of dietetic food products and pharmaceutical products.
- 10 10. Method for producing a product according to any one of claims 6 to 8, wherein the plant extract is mixed with the omega-3 fatty acid-containing oil, and the flowable suspension obtained is processed into an administration form for oral administration, particularly into capsules.